

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1-17 (canceled)

18. (NEW) A computer-aided method for improving a user's emotional state comprising:
  - a. receiving from the user:
    - i. attributes of emotion perceived as influencing his general emotional state,
    - ii. a weighting factor for each of said attributes of emotion representing a degree of influence each of said attributes of emotion bears on his general emotional state,
  - b. receiving from the user an emotion feeling input representing the emotion feeling of the user at a particular moment,
  - c. applying an algorithm to said emotion feeling input so as to generate a happiness-index reflective of said user inputted attributes of emotions and said associated weighting factors, and
  - d. providing a recommendation for the improvement of the user's emotional state based on said happiness-index.
19. (NEW) The computer-aided method for improving a user's emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attributes of emotion as a written input.
20. (NEW) The computer-aided method for improving a user's emotional state of claim 19 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a written input selected from a written list of emotional attributes.

21. (NEW) The computer-aided method for improving a user's emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a verbal input.
22. (NEW) The computer-aided method for improving a user's emotional state of claim 18 wherein said happiness-index is expressed in terms of a visual representation of rating enabling comparison to other generated happiness-indexes.
23. (NEW) The computer-aided method for improving a user's emotional state of claim 18 wherein said representation of rating is expressed in terms of an audiovisual presentation.
24. (NEW) The computer-aided method of claim 18 wherein said providing a recommendation includes providing said recommendation drawn from a data base containing an emotional profile similar to that of the user.
25. (NEW) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a qualified psychological professional who provides said recommendation.
26. (NEW) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a group of individuals that provides support and assistance.
27. (NEW) The computer-aided method of claim 18 further comprising receiving updated attributes of emotion and associated weighting factors to be used by said algorithm in future happiness-index calculations.
28. (NEW) The computer-aided method of claim 18 further comprising storing said inputted attributes of emotion, said associated weighting factors, said inputted emotional feeling and said recommendations into a collective emotional-profile data bank for the sake of improving future recommendations.